



COMMUNICABLE DISEASE SECTION

799 E. Rialto Avenue, San Bernardino, CA. 92415-0011

IMMUNIZATION 1-800-722-4794.....Fax (909) 386-8325

TUBERCULOSIS 1-800-722-4794.....Fax (909) 387-2861

EPIDEMIOLOGY 1-800-722-4794.....Fax (909) 386-8325

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Assistant Director of Public Health

MAXWELL OHIKHUARE, M.D.
Health Officer

FOR IMMEDIATE RELEASE

September 12, 2011

PSA# 11-50

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Health Educators
(800) 722-4794

Avoid the Flu! We've Got the Shot For You!

San Bernardino. A seasonal flu shot is recommended every year to help protect you, your family, and the community from the flu. The County of San Bernardino Department of Public Health will sponsor low cost seasonal flu clinics throughout the County beginning September 2011. The flu is an illness caused by the influenza viruses and is easily spread from one person to another. Symptoms can range from mild to severe and can lead to hospitalization and even death. Get your flu vaccine today to protect yourself, family, coworkers, and others in the community from getting sick from the flu.

An annual seasonal flu shot is now universally recommended for:

- All persons aged 6 months and older

A seasonal flu shot is especially recommended for these high risk groups:

- Infants and children age 6 months up to their 19th birthday
- People 50 years of age and older
- People of any age with chronic medical conditions
- Pregnant women
- People who live in nursing homes and long-term care facilities
- Home caregivers and health care workers

Practice good hygiene to prevent the spread of illness:

- Cover your mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand sanitizers may be used if soap and water are not available.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose and/or mouth since these are openings for germs to enter the body.
- Stay home from work or school if you get sick and limit contact with others to keep them from getting sick.

For information about community clinic locations and times, please visit the County of San Bernardino Department of Public Health website at www.sbcounty.gov/dph, or call the Communicable Disease Section at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m. to find a location near you.

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The County of San Bernardino Department of Public Health
Presents

2011 Seasonal Flu Clinics

**Avoid the Flu!
We've Got the
Shot for You!**

The seasonal flu shot is recommended every year to help protect you, your family and the community from the flu!

Seniors are encouraged to attend.

The cost of the flu shot is **\$10.00.**

For more information, please call the Communicable Disease Section at **1(800) 722-4794**, M-F, from 8 am-5 pm.

If you cannot go to any of the clinics listed, call **1(800) 722-4777** to make an appointment to get the flu shot at a regular Public Health clinic.

El Mirage Community Center
1488 Milton Street
El Mirage, CA
Wednesday, September 28, 2011
10 am – 12 pm

Needles Senior Center
1699 Bailey Avenue
Needles, CA
Wednesday, September 28, 2011
1:30 pm – 3:30 pm (CA time)

Highland Senior Center
(Patton State Hospital, main gate)
3102 E. Highland Avenue
Highland, CA
Friday, September 30, 2011
9 am – 12 pm

Barstow Senior Center
555 Melissa Avenue
Barstow, CA
Monday, October 3, 2011
9 am – 11 am

McCoy Equestrian & Recreation Ctr
14280 Peyton Drive
Chino Hills, CA
Tuesday, October 4, 2011
9 am – 11 am

Rialto Senior Center
1411 S. Riverside Avenue
Rialto, CA
Wednesday, October 5, 2011
9 am – 11 am

Fire Department, Friendship Hall
148808 Havasu Lake Road
Havasu Lake, CA
Wednesday, October 5, 2011
10 am – 11 am (CA time)

Apple Valley Senior Center
13188 Central Road
Apple Valley, CA
Thursday, October 6, 2011
9 am – 11 am

Lucerne Valley Senior Center
10431 Allen Way
Lucerne Valley, CA
Thursday, October 6, 2011
1 pm – 3 pm

Big Bear Senior Center
42651 Big Bear Boulevard
Big Bear Lake, CA

Hutton Community Center
660 Colton Avenue
Colton, CA
Wednesday, October 12, 2011
9 am – 11 am

Fontana Senior Center
16710 Ceres Avenue
Fontana, CA
Thursday, October 13, 2011
9 am – 11 am

Twentynine Palms Senior Center
6539 Adobe Road
Twentynine Palms, CA
Friday, October 14, 2011
9 am – 11 am

Joshua Tree Community Center
6171 Sunburst Road
Joshua Tree, CA
Friday, October 14, 2011
1:30 pm – 3:30 pm

Mountain Community Center
675 Grandview Road
Twin Peaks, CA
Monday, October 17, 2011
10 am – 12 pm

Trona Community Senior Center
13187 Market Street
Trona, CA
Tuesday, October 18, 2011
10 am – 12:30 pm

Wrightwood Community Center
1275 Highway 2
Wrightwood, CA
Wednesday, October 19, 2011
9 am – 11 am

Phelan Senior Center
9463 Sheepecreek Road
Phelan, CA
Wednesday, October 19, 2011
1:30 pm – 3:30 pm

Yucaipa Senior Center
12202 First Street
Yucaipa, CA
Thursday, October 20, 2011
9 am – 11 am

Grand Terrace Senior Center
22627 Grand Terrace Road
Grand Terrace, CA
Monday, October 24, 2011